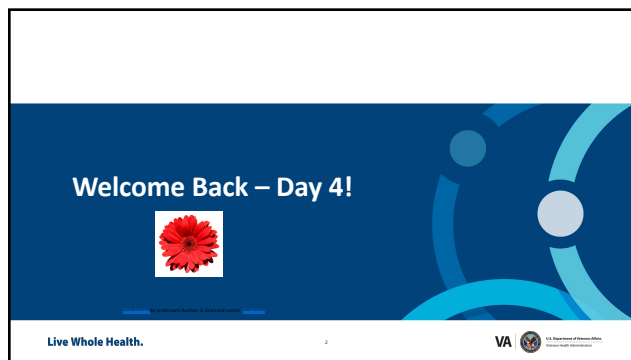
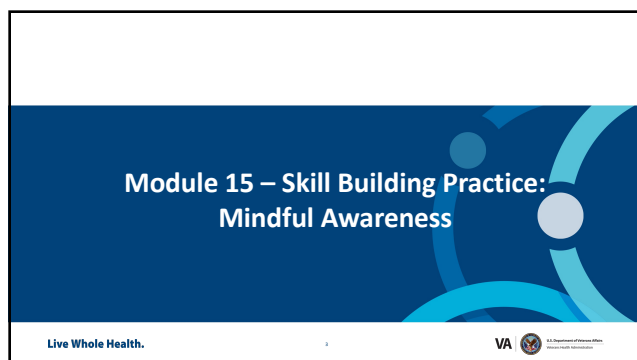


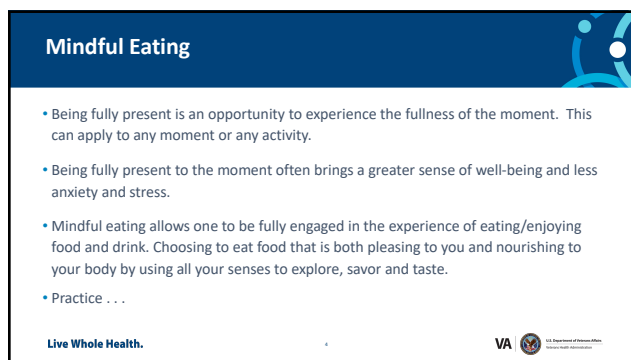
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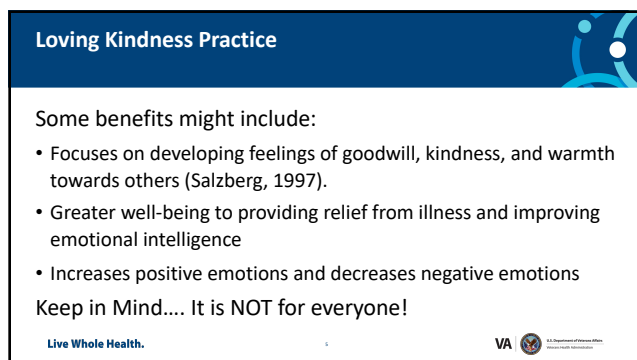
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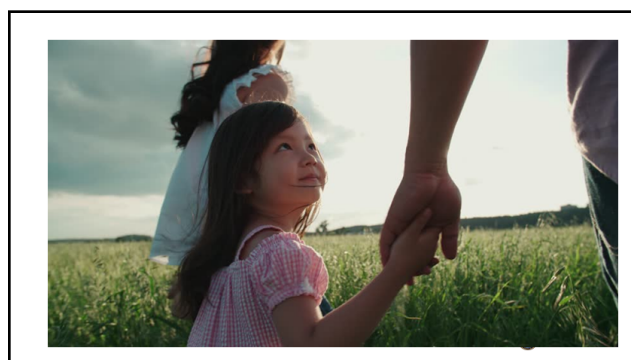
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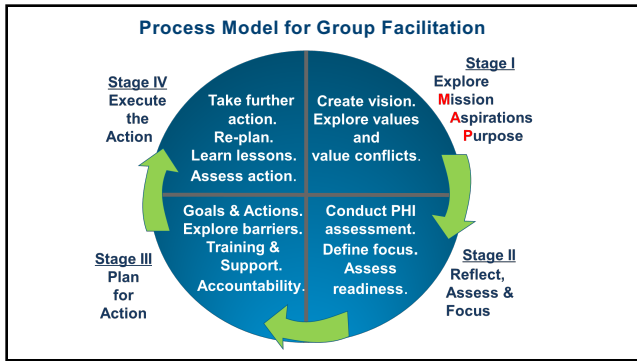
6

[Mindfulness through the eyes of a Veteran video](#)

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Module 16 –  
Executing and Assessing Action  
Stage IV

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Stage IV - Execute the Action

Phase 1 - Have client self-assess how they have progressed since last session

- ✓ Fully took action
- Partially took action
- No action taken

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Stage IV - Execute the Action

Phase 2 - Assist participant in assessing what they learned about themselves and situation. *What has the Veteran learned?*

These 'learnings' may include:

- Challenges/barriers encountered
- Contingency plans
- Strengths and successes
- Personal insights

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Stage IV - Execute the Action

Phase 3 - Assist the participant to modify or add to their plan:

1. Continue with the same plan
2. Add additional action steps
3. Modify existing action steps
4. Revisit earlier stages: values, area of focus, or goal

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**Stage IV – Execute the Action**

**Phase 4 - Take Further Action**

- Continue with facilitation process
- Explore or refer to other services

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**Reminders for Stage IV**

Solicit affirmations from participants for what they have accomplished

Recognize Strengths

Reconnect to Mission, Aspiration or Purpose (MAP)

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**Demo #4 – Stage IV**

Volunteers?



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**Practice Session #2**

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**Wrap up: Q&A, Survey, Adjourn**

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